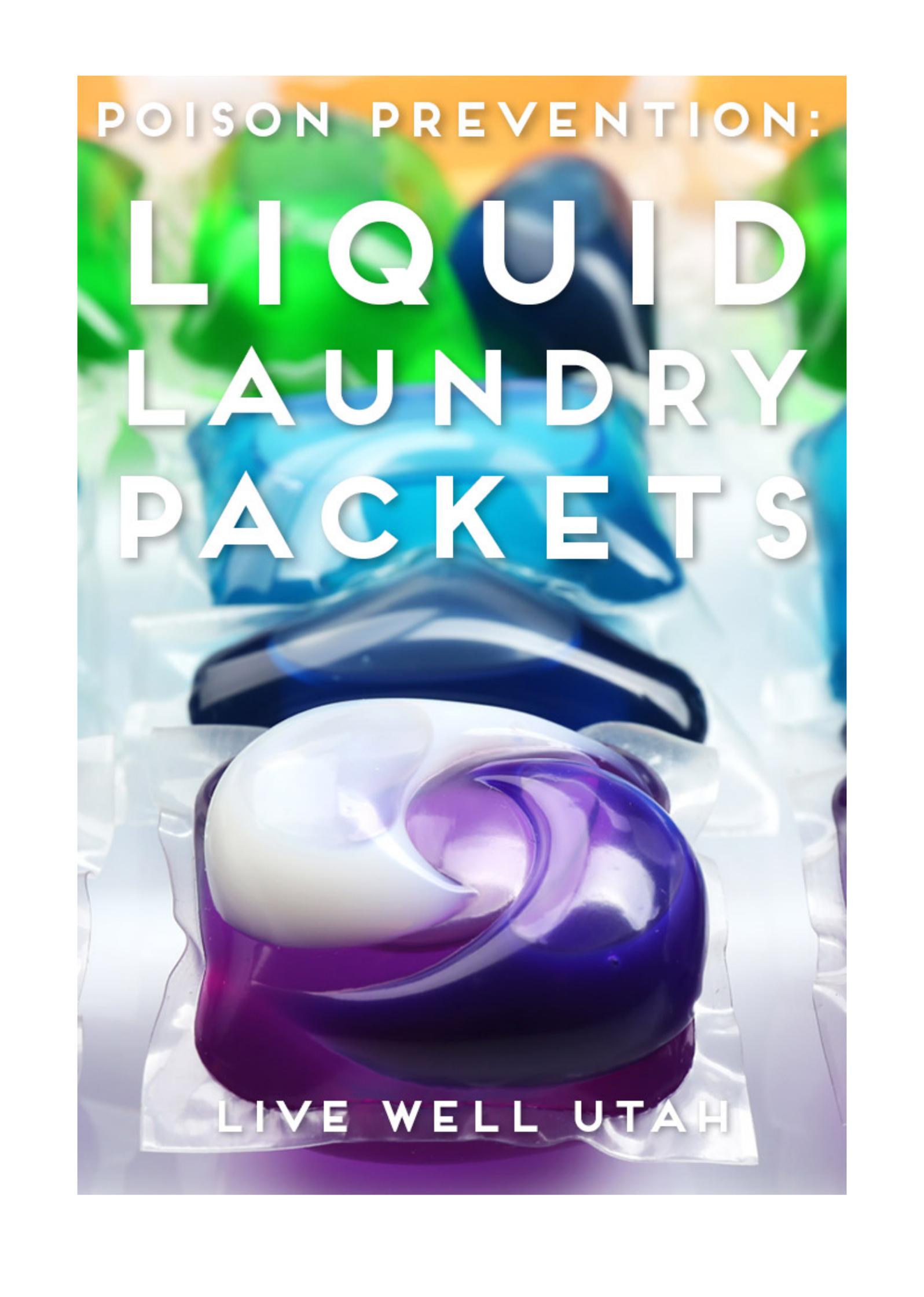


# Poison Prevention // Liquid Laundry Packets



POISON PREVENTION:

LIQUID  
LAUNDRY  
PACKETS

LIVE WELL UTAH

*Liquid laundry detergent packets are convenient, but to a child the brightly colored, shiny packets may look deceptively like candy or a toy. Check out these tips to keep your children safe and prevent an accident with liquid laundry packets.*

---

As a parent, you play an essential role in the safety of your children.

You have probably thought about car seat safety, cords on window coverings, and how to prevent drowning or burns. But what about laundry safety?

Children act fast and accidents can happen in an instant. Accidents involving liquid laundry packets can easily be prevented with safe use and storage.

You can make a difference by ensuring you and your friends and family are properly using and storing liquid laundry packets by keeping them up high and out of reach of young children.

Prevention is simple.

1. Make it a habit to always store packets out of reach and sight of children
2. Always store laundry packets in their original container or pouch until they are ready to be used
3. Do not let children handle laundry packets
4. Be sure to read the product label before use

The liquid in these pre-measured packets is harmful if put in the mouth, swallowed, or gets in the eye. Immediately call Poison Help at 1-800-222-1222 if there is an accident.

Locking detergent packets up in a cabinet is an effective way to keep these products out of reach of young children, especially when little ones begin exploring closets and cabinets at an early age.

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*Information from the American Cleaning Institute. Print their activity sheet to help teach your children about poison prevention from household cleaners.*

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## **Less is More: 3 Tips to Spring Clean Your Life**



LIVE WELL LUTAH



LESS IS MORE:  
3 TIPS TO  
SPRING CLEAN  
YOUR LIFE

*Do you find yourself surrounded with clutter? Try these three tips to spring clean your life and clear away some of the clutter.*

---

Ahhh...Spring! A time of re-birth, baby animals, green grass, flowers and budding trees; basically a season for renewal all around. Historically, spring was the time homemakers cleaned the winter coal soot off the wall coverings and fixtures of their homes. A deep clean on the inside of the home, no doubt, reflected the freshness of the season outside. Here's my deep thought for you today: What kind of "coal soot" is covering your "insides?" Don't worry—this isn't about colon cleanses or detoxifying your diet. It's bigger than that. I'm talking about clutter.

Clutter is all around us; our lives are cluttered with words, images, data, sounds and STUFF. Big stuff, little stuff, stuff we don't even remember we have because it is buried under other stuff or stuffed into boxes of stuff. Clutter is our generation's "coal soot." We bring it into our lives to fill a need, be it emotional or physical. But for some reason we let it stay long after the need has been filled. My challenge to you is to clear the clutter and spring clean your life.

Here's how:

1. Create a baseline. Just like in budgeting or weight loss or any habit change, it's difficult to make changes unless you have a good idea of what's happening to begin with. For example, assess your clutter. Is it mostly clothes, toys, papers, tools or books? Start by bringing all of the same type of item together in one place. Start small, say, with shirts. Get all your shirts in one pile.
2. Assess the value. Now that you have all your shirts (or whatever item you've chosen to start with) go through

the pile one by one. Evaluate whether each item brings you joy.

3. Keep, trash, donate, or sell. Your number one goal is to only keep the items that are bringing you the most joy and the rest you can send on its way. And it's okay! There will be lots of items that have good use left in them. But if you're not using them, do what you can to get the items into the hands of someone who will.

Less truly is more. The tiny house movement really might be onto something! When we own less, we have less to clean and less to trip over in the dark – just think of the health benefits! Not to mention the potential to lift moods and bring harmony into a home; can you imagine a weekend without nagging your kids to clean their bedrooms? Fewer items to put away paired with habits of giving every item a “home” creates an opportunity for neatness.

Now, I'll share a few cautions:

1. Beware of the temptation of storage bins. While the storage industry has made leaps and bounds in developing items that are fashionable and attractive, that doesn't necessarily mean you need them. After you've decreased the number of belongings, you might just realize you don't need so many bins and pockets and cubbies to hide things in so your home has the appearance of tidiness. Tidiness is a natural result of owning less.
2. Evaluate your buying habits and motivations. As you are letting go of things you no longer need, think about why you purchased/acquired the items to begin with. If there are habits you need to change, apply those habits to future purchases and learn from the experience.
3. Be kind to yourself. You'll no doubt have some misgivings about the items you're letting go of. The money spent on those items is gone, and guilt over making a purchase you didn't necessarily use responsibly

or no longer need isn't worth it.

The feeling of a lifted burden is invigorating and refreshing. Kind of like spring... and cleaning the coal soot out.

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*This article was written by Rebecca Mills, Extension assistant professor in family consumer sciences and 4-H youth development*

Source:

Kondo, M. (2014). *The life-changing magic of tidying up: The Japanese art of decluttering and organizing*. New York: Ten Speed Press.

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## **After the Flood // Salvaging Carpets and Clothes**

LIVE WELL UTAH



ASK AN EXPERT:

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8 TIPS FOR SALVAGING  
CLOTHES AND CARPETS  
AFTER A FLOOD

*Have you been hit with flooding in your home? Try these eight tips to care for your clothes and carpets after the floodwaters have subsided.*

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With heavy snowfall and recent warm temperatures, many Utahns have experienced flooding in their homes. Flood or drain backup water may contain sewage and unknown chemicals that can contaminate carpet and present a health hazard. Water from irrigation leakage or sump pump failure may be less risky, but equally damaging. In addition to carpet damage is clothing and fabric damage and the race against mildew. Consider these tips for cleaning up after a flood.

1. For carpet, the first step is to immediately get it off the floor to start drying it and to preserve the wood under the carpet. You may also have to remove the foam carpet padding. If possible, take it out to a driveway or patio to dry. If the carpet is too heavy to move, lift it off the floor and prop it up to allow air to circulate around it. If possible, don't let the carpet completely dry this way if you want to save it, as it will likely be stretched out of shape when it dries. If you are working with contaminated water damage, be sure to wear rubber gloves before handling the carpet.
2. Next, clean the floor to minimize odor and mildew. Scrub the floors with hot water and detergent, then rinse them with a bleach solution of one-half cup of bleach per gallon of water.
3. Determine if the carpet can be saved. You may need to consult professional carpet cleaners to decide if it is worth saving. Your decision will depend on the source of the water damage. If it is flood water or a sewer backup, your main concern will be sanitation. If the damage is from rain or culinary water, your main concern is preventing mildew. In this case, most rented carpet cleaners should do an adequate job cleaning it.

4. Recovering flood-damaged clothing is a time-sensitive battle in preventing mildew. Most of the dirt can be washed out, but mildew can permanently damage clothes quickly. Be sure to wear rubber gloves when handling wet clothing and fabric.
5. Since you likely have more clothes than you can clean all at once or want to have dry cleaned, let everything air dry as quickly as possible. Don't leave clothes in a heap, as this promotes mildew growth. Once dry, shake them out or brush off loose dirt and dried mud. Next separate clothes the way you would for normal washing. Store dry, separated clothes in plastic bags if it is going to take a long period of time to get everything washed.
6. Pre-soak clothes in cold water or use the pre-rinse cycle on your washer to remove any additional dirt. Use hot water and detergent to kill germs, and remember to load the washer more loosely than usual since the clothes are extra dirty.
7. Wool and delicate items may not tolerate hot water. If you don't want to pay to have them dry cleaned, hand wash them in a basin of warm water using 1-2 tablespoons of heavy duty liquid detergent. Allow to soak for at least 3 minutes and rinse thoroughly.
8. Most blankets, throw rugs, bedspreads, quilts and down-filled items can receive the same treatment as clothing, just be sure to carefully support them when they are wet to avoid ripping from the weight of the water.

Cleaning water-damaged areas is often difficult and discouraging work. However, with time and patience, most clothing items with light-to-medium water damage can be salvaged. There's also a good chance that carpet with minimal damage can be saved. For large jobs or major sewer backups, it may be best to contact a disaster cleanup company.

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*This article was written by Kathleen Riggs, Utah State University Extension professor, family and consumer sciences, [kathleen.riggs@usu.edu](mailto:kathleen.riggs@usu.edu), 435-590-7727*

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# **Preparing Your Home for Winter**



**PREPARING  
YOUR HOME  
FOR WINTER**

**LIVE WELL UTAH**

It's time to start preparing for the winter months. Preparation now will help prevent damage to your home later and will save energy and money. You can spread these home projects out over several weeks to make it easier.

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1. **Check seals around doors and windows:** You may be surprised by the little cracks and spaces that heat can escape through during the winter. Look around window frames for any cracks on the outside and apply caulk. Check on air leakage around electrical outlets and switch plates. You can install insulation or outlet gaskets very easily.
2. **Inspect furnace and filters:** Have the furnace checked for efficiency and clean or replace filters. If a furnace has a dirty filter, it will not function as efficiently. Air vents also fall into this category; be sure to vacuum them and check for possible leaks that decrease efficiency in the home.
3. **Reverse ceiling fan blades.** Most ceiling fans have a switch to reverse the direction of the blades. The clockwise rotation forces warm air down where people can enjoy it rather than allowing it to escape to the ceiling area.
4. **Clean chimneys:** Since ash and creosote can build up in a chimney, it is important to have a professional clean it at least every other year, or more if you use it frequently. You can use a flashlight to check for bird nests or other items that may be blocking any part of the chimney.
5. **Drain outdoor hoses and faucets:** Water expands when it freezes and can ruin faucets and hoses if they aren't properly taken care of. After draining pipes, store hoses indoors. Cover outdoor faucets with insulated frost-free hose bib covers.

6. **Wrap indoor pipes:** Pipes may be exposed to the cold in the basement, inside cabinets or in the attic. To avoid them bursting from freezing, wrap them in heat tape or tubular pipe insulation sleeves.
7. **Winterize evaporative cooler:** Turn off the power and water to the cooler. Turn off water pump and fan, remove them and store indoors. Drain water out of lines and out of the swamp cooler pan. Disconnect the water supply line to the cooler and drain or blow it out to keep any residual water from being trapped in lines and freezing. Place cover or tarp over the cooler and tie it down securely. To prevent warm air from escaping through the ceiling inside the home, close the air diffuser vents and place a diffuser cover over the vent or place an evaporative cooler pillow plug inside the diffuser.
8. **Make necessary repairs on roof:** Take a look at your roof and look for any possible places for leaking, missing shingles or weak corners, especially on older homes.
9. **Clean out rain gutters and make repairs:** This is especially important for preventing unnecessary damage. After all the leaves have fallen, you can clean out your gutter and check for possible broken parts. This helps prevent gutter damming, which happens when draining water gets backed up and leaks into the home.
10. **Mow leaves into the lawn:** This will act as mulch and help nourish your lawn during the winter. There is a helpful tutorial at USU Extension's Live Well Utah blog [here](#).
11. **Prepare the lawn mower for rest:** Use all the gas in the lawn mower or add stabilizer to keep it from decomposing over the winter and causing problems when it's time to use it again.
12. **Pull out the snow removal equipment:** Gather snow blower, fuel, snow shovels and chemical ice melt, and place in a readily accessible location.
13. **Check or replace emergency supplies:** Inspect fire extinguishers, batteries, candles, flashlights and

propane lanterns or heaters.

14. **Check smoke and carbon monoxide detectors:** Make sure they are working properly. Carbon monoxide is a dangerous, odorless gas produced by gas furnaces and ranges.
15. **Replace light bulbs in exterior light fixtures:** This will provide safety in lighting up walkways and steps during the dark winter nights.

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*This article was written by Kirsten Lamplugh, USU Extension Intern, Salt Lake County and Marilyn Albertson, Utah State University Extension Associate Professor, Salt Lake County*

*Resources:*

*energy.gov Cozy Up to Colder Weather: 5 Ways to Prepare Your Home for Fall and Winter (parts 1 and 2)*

*Style at Home How to Prepare Your Home for Winter.*

*<https://extension.usu.edu/htm/news-multimedia/articleID=2129>*

*Ask a specialist: Do you have tips for winterizing my home?  
Richard Beard, Utah State University Extension Agricultural Engineering Specialist, 2006*

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# **Carve Your Pumpkin // Keep the Seeds**

A close-up photograph of numerous pumpkin seeds, some light yellow and some green, scattered on a light-colored wooden surface. The seeds are the central focus of the image.

CARVE YOUR  
PUMPKIN

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KEEP THE  
SEEDS

LIVE WELL UTAH

*This month we'll be sharing some of our favorite pumpkin recipes. Today we're talking about pumpkin seeds— how to prepare them and different ways to use them. So as you get ready to carve pumpkins this year, don't forget to save the seeds!*

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When you are carving that Halloween Jack-o'-lantern this year, here is one request I have for you, keep your seeds! Did you know that 1 oz of pumpkin seeds has around 5 grams of protein? Pumpkin seeds are an easy, cheap way to add a nutritious boost to your trail mix, baked goods and granola.

First and foremost, remove the pulp and seeds from the inside of your pumpkin. I like to put the seeds and pulp in a bowl of water while carving my pumpkin. This helps to pull away all the strings from the seeds. When you have only seeds left in your bowl, give them a good rinse. Move seeds to a new bowl and sprinkle with your favorite seasonings and oil. Make sure to mix well. Next you will want to spread them evenly over a large baking tray. Bake at 350 F for 10 to 20 minutes or until lightly brown. Make sure to check and stir the seeds frequently to avoid burning. Cool pumpkin seeds and then store them in an air-tight container.

When choosing a seasoning for your pumpkin seeds, think about what you plan to do with them. The outer part of the pumpkin seed can be removed (hulled) after they have been roasted. The inner part of the pumpkin seed is a green color and is a great addition to breads and muffins.

Check out these five ways to use pumpkin seeds below:

## **Traditional Roast**

When using this method, try different spices to give your seeds some flair. Here are some combinations:

- Cinnamon Toast Pumpkin Seeds: 1 tsp cinnamon,  $\frac{1}{4}$  tsp salt, 2 Tbsp sugar, 3 Tbsp melted butter or olive oil
- Chili Pumpkin Seeds: 1 Tbsp chili powder, 1 Tbsp tamari sauce, 2 tsp garlic powder, salt to taste, 1 Tbsp olive oil
- Spicy Pumpkin Seeds:  $\frac{1}{2}$  tsp paprika,  $\frac{1}{4}$  tsp cayenne pepper, 1 Tbsp red pepper flakes, 2 Tbsp melted butter or olive oil
- Ginger Zest Pumpkin Seeds: 2 Tbsp ground ginger, 2 Tbsp sugar,  $\frac{1}{2}$  tsp orange zest, 2 Tbsp melted butter or oil
- Parmesan Pumpkin Seeds:  $\frac{1}{4}$  c Parmesan cheese, 1 tsp ground black pepper, 2 Tbsp melted butter or oil.

## Pumpkin Seed Pesto

This one was new to me, but has quickly turned into a favorite. Making a traditional pesto with pine nuts can be pricy, but not when you are using your pumpkin seeds! For this it is important to have hulled (green) pumpkin seeds.

Ingredients- 2 c. hulled pumpkin seeds, 4 Tbsp extra-virgin olive oil,  $\frac{1}{4}$  tsp sea salt, 2 Tbsp lemon juice, 3 cloves of garlic, 1 c. fresh cilantro, and  $\frac{1}{4}$  c. water. Combine all ingredients in a food processor. Cover and chill until ready to use.

## More Ideas

- **Add them to trail mix or granola.** Do your granola or trail mix recipes call for nuts? Reduce the portion of nuts and add pumpkin seeds for the remaining portion.
- **Add them to baked goods or use in brittle.** Instead of making a nut brittle this year, sub in hulled pumpkin seeds to make a new fall favorite.
- **Garnish soups, salads and desserts.** Add a little extra crunch to any meal by topping your dish off with pumpkin seeds!

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*This article was written by Jaqueline Neid-Avila, Utah State University Extension nutrition faculty for Davis County. Comments or questions may be sent to [jaqueline.neid-avila@usu.edu](mailto:jaqueline.neid-avila@usu.edu) or call 801-451-3404.*

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## **Fall Bucket List**

A close-up photograph of a person's hands, wearing a dark grey sweater, gently holding a cluster of autumn leaves. The leaves are in various stages of decay, showing shades of yellow, orange, and brown, with some green still visible. The background is dark and out of focus.

FALL BUCKET LIST:  
50+ IDEAS  
FOR FALL

LIVE WELL UTAH

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*We're welcoming October with more than fifty fall things to do around Utah. Pick and choose your favorites to create your own custom fall bucket list.*

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The weather is starting to cool off, the leaves are changing and there is so much fun to be had. Utah is full of great experiences whether you want to spend time out in the crisp fall air or stay home working on simple projects. Whatever mood you are in it is nice to have a list of exciting ideas to choose from, and we have more than fifty suggestions for you to build your own fall bucket list.

## **Outdoors**

- Drive the Alpine Loop or other local canyons to see the leaves
- Explore a corn maze
- Visit the local farmer's market
- Go on a hike to see the fall colors
- Go camping in the colors
- Go apple, pumpkin, squash, pepper or tomato picking at a local "pick your own" farm
- Go pick your own pumpkin from a pumpkin patch
- Practice recreational shooting
- Go hunting
- Go Trick-or-Treating
- Tell scary stories around a campfire
- Go on a hay ride
- Join in a family and friend turkey bowl football game

## **Entertainment**

- Plan a fall trip

- Run a 5-K race or run in a haunted race
- Watch a scary movie
- Host or attend a Halloween party
- Visit Gardner Village in Midvale for Witchfest and Witches Night Out
- Attend a dance performance of Thriller by Odyssey Dance Crew, locations throughout Utah
- Participate in Oktoberfest at Snowbird Ski Resort
- Visit This is The Place Heritage Park, Salt Lake City
  - Little Haunts during the day
  - Haunted Village in the evening
- Participate in Wheeler Historic Farm Pumpkin Days in Murray
- Visit the Heber Valley Railroad Pumpkin Train
- Check out the Dia De Los Muertos activities, Utah Cultural Celebration Center, West Valley

## Home

- Do fall cleaning
- Decorate the house
- Host a football watching party
- Host a Halloween party
- Gather family for Thanksgiving dinner
- Rake up and play in the autumn leaves
- Clean out garden beds to prepare for next year
- Plant spring bulbs
- Plant a tree – Autumn is a great time to plant a tree, but be sure to water well if it is a dry autumn.

## Food

- Do a chili cook-off
- Make apple cider
- Harvest fall produce and preserve it by freezing drying or canning (jams, jellies, whole fruit, etc.)

- Throw a homemade doughnut party – invite friends and family over for fun and doughnuts everyone can enjoy. Try them baked or fried.
- Make caramel apples
- Try a new recipe for Thanksgiving (pie, stuffing, etc.)
- Throw a party where everyone brings a different kind of pie
- Host a crock pot party
- Try a new homemade soup, like Apple & Butternut Squash Soup (page 7) to help keep you warm as the days get colder.

## Crafts

- Pumpkin carving – A tradition that never gets old. Find your favorite printable template or draw freehand to make your pumpkin carving creation.
- Decorate/paint pumpkins to look like a favorite book character – Painting and decorating pumpkins is just as fun. They also last longer without wilting.
- “Boo” ding dong ditch the neighbors – Leave a bag of goodies on someone’s front porch and run away – once you have been “boo-ed” you hang an image of a ghost near your front door so others know you have been “boo-ed.”
- Start a fall gratitude journal
- Create a new autumn decoration
- Make a new Halloween costume
- Sew homemade hand warmers

## Books

This is a way to transport yourself and your little ones into another world of fun, adventure and fantasy. Cuddle up with a blanket and enjoy some of these favorites this autumn.

- Scary chapter books:
  - Scary Stories to Tell in the Dark by Alvin

Schwartz

- The Graveyard Book by Neil Gaiman
- Coraline by Neil Gaiman
- Doll Bones by Holly Black
- Halloween picture books:
  - Room on the Broom by Julia Donaldson
  - The Little Old Lady Who Was Not Afraid of Anything by Linda D. Williams
  - Goodnight Goon: A Petrifying Parody by Michal Rex
  - Bear Feels Scared by Karma Wilson
  - Big Pumpkin by Erica Silverman
  - In a Dark, Dark Room and Other Scary Stories by Alvin Schwartz
  - The Hallo-wiener by Dav Pilkey
  - Bats at the Library by Brian Lies
  - Frankenstein by Rick Walton and Nathan Hale
  - Pumpkin Circle: The Story of a Garden by George Levenson and Shmuel Thaler
  - A Very Brave Witch by Alison McGhee and Harry Bliss
- Thanksgiving picture books:
  - 'Twas the Night Before Thanksgiving by Dav Pilkey
  - Turkey Trouble by Wendi Silvano
  - The Ugly Pumpkin by Dave Horowitz
  - A Plump and Perky Turkey by Teresa Bateman and Jeff Shelly

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*This article was written by Kirsten Lamplugh, Intern at the Salt Lake County USU Extension office, BS in Family and Consumer Sciences*

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# **Ask an Expert // Shelf-life of Home Preserved Foods**



**ASK AN EXPERT:**  
**SHELF-LIFE**  
**OF HOME**  
**PRESERVED**  
**FOODS**



**LIVE WELL UTAH**

*You've had those bottled peaches from Grandma for two years now – are they still good? Are they safe? Find out just how long you can keep home-preserved foods in your pantry.*

---

A common question at USU Extension offices usually goes something like this, “There was a good buy on boneless, skinless chicken breasts this week so I bought 40 lbs. and now I want to can it. How long will it stay good in the jar on the shelf?” Before answering this question for readers, let’s consider the following basic information about home food preservation.

Canning is an important, safe method of food preservation if practiced properly. Home food preservation generally involves placing foods in jars and heating them to a temperature that destroys microorganisms that could be a health hazard or cause the food to spoil. Processing times and temperatures are scientifically determined and must be followed exactly to assure not only quality but safety of these home preserved foods.

So, back to the question about shelf-life... With the prevalence of emergency and disaster preparedness education, at least in Utah, families obviously want to build up their food storage for the proverbial “Rainy Day.” This is a good practice so long as it is also practical.

Many dry goods (wheat, sugar, dried beans, etc.) have an excellent shelf-life when stored in air-tight containers and are wonderful to have on hand as part of a basic food storage supply.

On the other hand, home preserved fruits, vegetables and meats should be treated differently. Instead of asking how long a home-preserved food will last, a better question is, “How much

chicken will my family use in 1 to 2 years?" When foods are preserved at home, it is true that families can control the quality of the food and to some degree how much additional sugar and salt are added. We cannot, however, duplicate the ultra-high temperatures or fast field-to-jar (or can) process commercial manufacturers use.

To ensure the home preserved food on pantry shelves are at ultimate quality, food should be rotated on a regular basis and not stock-piled for several years. After as few as two short years, foods will begin to darken or lose firmness. Does that mean they are no longer safe to eat? No. It does mean that the nutritional value is decreasing and will eventually be good to eat only for added calories. In other words, the food may fill you up but you won't reap much in the way of vitamins or minerals.

A few additional tips for optimizing quality of home-preserved foods come as follows from the National Center for Home Food Preservation ([nchfp.uga.edu](http://nchfp.uga.edu)):

- If lids are tightly vacuum sealed on cooled jars, remove screw bands, wash the lid and jar to remove food residue; then rinse and dry jars. Label and date the jars and store them in a clean, cool, dark, dry place. For best quality, store between 50 and 70 F. Can no more food than you will use within a year.
- Do not store jars above 95 F or near hot pipes, a range, a furnace, in an uninsulated attic or in direct sunlight. Under these conditions, food will lose quality in a few weeks or months and may spoil. Dampness may corrode metal lids, break seals and allow recontamination and spoilage.
- Accidental freezing of canned foods will not cause spoilage unless jars become unsealed and re-

contaminated. However, freezing and thawing may soften food. If jars must be stored where they may freeze, wrap them in newspapers, place them in heavy cartons, and cover with more newspapers and blankets.

The satisfaction of having shelves full of high-quality foods preserved at home is nearly always seen as worth the time, money and effort by those who participate in home canning. Take the time to determine how much food is actually necessary and preserve only that much using tested and approved recipes. This will help minimize waste, offer nutritious foods and provide an on-going sense of self-reliance.

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*Kathleen Riggs is the Utah State University Extension Family and Consumer Sciences Professor for Iron County. Questions or comments may be sent to [kathleen.riggs@usu.edu](mailto:kathleen.riggs@usu.edu) or call 435-586-8132.*

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**Ask an Expert // Back to  
School Stain Removal Tips**



ASK AN EXPERT:

BACK TO SCHOOL  
STAIN REMOVAL  
TIPS

LIVE WELL UTAH

*Keep your kids looking sharp for school with these tips on removing stains.*

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Ever looked at your kids' new school clothes after school and wondered what happened? Kids can get all kinds of stains on their clothes while playing and learning at school. Here are some common stains, and how to treat them.

**Airplane glue:** Saturate area with pretreatment laundry stain remover (aerosol types work better on greasy stains). Wait 1 minute for product to penetrate the stain. For stubborn stains, rub with heavy-duty liquid detergent. Launder immediately. If color stain remains, soak/wash in chlorine bleach if safe for fabric, or in oxygen bleach. For extra heavy stains, apply dry cleaning solvent to back of the stain over absorbent paper towels. Let dry, rinse. Proceed as above.

**Blood:** Soak in cold water if fresh. If dried, pretreat with prewash stain remover, liquid laundry detergent, liquid detergent booster or paste of granular laundry product and water. Launder using bleach safe for fabric. Old stains may respond to soaking in enzyme product.

**Felt tip marker:** Saturate area with pretreatment laundry stain remover (aerosol types work better on greasy stains) Wait one minute for product to penetrate the stain. For stubborn stains, rub with heavy-duty liquid detergent. Launder immediately. If color stain remains, soak/wash in chlorine bleach if safe for fabric, or in oxygen bleach. For extra heavy stains, apply dry cleaning solvent to the back of the stain over absorbent paper towels. Let dry, rinse. Proceed as above.

**Grass stains:** Sponge the stain with alcohol and let dry. Sponge with cool water. Work liquid detergent into the stained area. Rinse with water. Let dry. Soak in mixture of 1 quart warm water and 1 tablespoon enzyme product for 30 minutes. Rinse thoroughly. Launder in hot water with chlorine bleach if fiber content and fabric permit.

**Mud:** Soak for 15 minutes in mixture of 1 quart lukewarm water, 1/2 teaspoon liquid hand dishwashing detergent and 1 tablespoon white vinegar. Rinse. Sponge with alcohol, using light motions from center to edge of stain. Soak for 30 minutes in 1 quart warm water with 1 tablespoon enzyme presoak products. If color stain remains, launder in chlorine bleach if safe for fabric, or in oxygen bleach.

**Washable ink:** Treat stains as soon as possible after staining. The older the stain, the more difficult to remove. Use these steps before laundering a washable garment. Stains that are laundered and dried are almost impossible to remove. Soak for 15 minutes in mixture of 1 quart lukewarm water, 1/2 teaspoon liquid hand dishwashing detergent and 1 tablespoon white vinegar. Rinse. Sponge with rubbing alcohol, using light motions from center to edge of stain. Soak for 30 minutes in 1 quart warm water with 1 tablespoon enzyme presoak products. If color stain remains, launder in chlorine bleach if safe for the fabric or in oxygen bleach.

**Crayon (a whole load of clothes):** Scrape excess crayon with blunt knife. Wash in hot, soft water with soap (such as Ivory) and 1/2 cup baking soda for 10 minutes. If stain remains, work soap paste into stain. Wash 5 minutes. Rinse. To remove remaining color, use bleach or color remover that is safe for fabric.

**School glue:** Saturate area with pretreatment laundry stain remover (aerosol types work better on greasy stains) Wait 1 minute for product to penetrate the stain. For stubborn stains, rub with heavy-duty liquid detergent. Launder

immediately. If color stain remains, soak/wash in chlorine bleach if safe for fabric, or in oxygen bleach. For extra heavy stains, apply dry cleaning solvent to the back of the stain over absorbent paper towels. Let dry, rinse. Proceed as above.

## ***Stain Removal Reminders***

*Treat stains as soon as possible. The longer the stain remains in the clothing, the harder it is to remove. Stain removal should be done before laundering washable items or drying them. Stains that are laundered and dried are nearly impossible to remove.*

*More tips available [here](#).*

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This article was written by Marilyn Albertson –USU Extension Associate Professor, Salt Lake County.

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## **Ask an Expert // Four Tips for Getting Rid of Eerie Earwigs**

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**ASK AN EXPERT:**



**4 TIPS FOR  
GETTING RID OF  
EERIE  
EARWIGS**

**LIVE WELL UTAH**

*ctually crawl in your ear, they can cause some serious damage to the plants in your garden. Learn how to keep them at bay with these four expert tips.*

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European earwigs are common in Utah and are easily recognized by the large pincers on the end of their bodies. The ideas that earwigs crawl into ears and that their pincers are dangerous are both false.

Earwigs are active at night and often go unnoticed; however, holes chewed in leaves can indicate earwigs have been dining there. If you suspect that earwigs may be eating your plants, examine them at night with a flashlight. Earwigs can be beneficial, acting as decomposers and predators of insect pests such as aphids and scales. However, they also feed on many vegetables, leafy greens, flowers and a wide variety of fruit. Since they spend the winter as adults, they can also become an indoor nuisance pest. Consider these tips for ridding your home and yard of earwigs.

1.) Homemade traps are inexpensive and can reduce earwig numbers in specific areas. One type is made from corrugated cardboard. Cut a 6-inch-wide strip of cardboard and roll until it reaches about 4 or 5 inches in diameter. Tie the roll with string to keep it intact, then tie it to the lower trunk of a tree. Collect the cardboard traps every two or three days, seal the earwigs inside a bag and throw the earwigs and the trap away. Rubbing the cardboard with fish oil or bacon grease can make the trap more effective.

2.) Another type of trap is a sour cream, cottage cheese or margarine container with strong-smelling oil, such as fish oil or bacon grease, poured into the bottom. Bury the container in

the ground almost to soil level, and cut a small hole in the lid for the earwigs to enter. The containers can be collected every few days and reused after the earwigs are dumped into a bag and sealed.

3.) Commercial, non-chemical control products are widely available, such as diatomaceous earth. This product is not harmful to pets or humans, but works by cutting or absorbing the thin, waxy layer that covers insects. Sprinkle it around the base of plants that earwigs and other insect pests, such as aphids, scales and caterpillars, are damaging. Be aware that once diatomaceous earth contacts water, it becomes ineffective. It must be reapplied after rain or watering. To keep earwigs out of fruit trees, try wrapping sticky traps, such as Tangle Guard, around the tree trunk.

4.) Occasionally, it may become necessary to spray an insecticide to effectively control earwigs. Organic and reduced-risk products are available such as pyrethrins and spinosad. Pyrethrins are derived from a species of chrysanthemum and control many insects. Spinosad is derived from a bacterium harmful to many insects but not mammals. Both are often labeled for use on many vegetables and fruits. Other chemical sprays are effective, but may harm natural enemies of earwigs and other beneficial insects. Of these available to homeowners, carbaryl (Sevin), malathion and permethrin are commonly used. Using non-chemical methods before resorting to sprays is recommended in most non-commercial situations.

A video about making homemade traps is available at <https://youtu.be/tlgpfCT0wYo>.

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This article was written by Taun Beddes, Utah State University Extension horticulturist, taun.beddes@usu.edu. Ryan Davis, USU Plant Pest Diagnostic Lab insect diagnostician, contributed to this column.

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# **Back To School Clothing Inventory**

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**BACK TO  
SCHOOL  
CLOTHING  
INVENTORY**

**LIVE WELL UTAH**

*your children's closets as they prepare to go back to school. Why not make a game out of identifying what to discard, what to keep, what to repair and what to replace?*

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## **Items needed:**

- Safety pins
- Printed Fix-It and Match-Me Tickets
- Printed Back to School Clothing Inventory Table
- Box for discarded items
- Basket for items needing repair
- Bag for items needing to be matched with something else to make them wearable

Have your children try on all their clothing. Once they have modeled an item and a decision has been made, they can put the item in the discard bag, put it back in their closet/drawer or label with the appropriate ticket. The "Fix It" ticket can be filled out describing the needed repair, pinned to the item and placed in the designated basket. The "Match Me" ticket could be placed on any item needing to be matched with something else to make a wearable outfit, then placed in a bag to take with you to ensure a proper match when shopping. As you take inventory, it might be helpful to chart what they have and what will need to be replaced now or later on the printable clothing inventory table. The list could be used when shopping to help you avoid overbuying or forgetting needed items.

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This article was written by Marilyn Albertson – USU Extension Associate Professor- Family and Consumer Sciences, Salt Lake County.